



Division of  
Mental Health  
and Addictions.

"People helping  
people help  
themselves."

Logansport State Hospital

# The Spectrum

**In this issue:**

EOM ..... 2

TOM ..... 3 & 4

Superintendent's Desk ..... 4 - 6

Covid Testing Sites ..... 6 - 14

Wellness Wisdom ..... 14 - 18

Longcliff Museum ..... 19

Culinary Corner ..... 20

Who Am I? ... 21

Vol. 30, No. 12  
December  
2020

# DECEMBER

# EOM

# PAGE 3

# &



# DECEMBER

# TOM

# PAGE 4

# EMPLOYEE OF THE MONTH

**December  
EOM**

**Dr. Chad Davis**



Dr. Davis is *always helping our patients. He responds quickly to any concerns the patients may have. He is also always willing and available to any staff that may have a medical issue, or just to lend a hand. For these reasons and countless others, I feel like Dr. Davis has demonstrated, and earned, employee of the month.*  
*Mason Sowards, RTA*

Endorsement:

Dr. Davis is a key part of our medical staff here at LSH. His dedication and care that he provides for our patients here is outstanding!

*Dr. Meadows*



## **SPECTRUM**

Logansport State Hospital  
1098 S. State Rd. 25  
Logansport, Indiana 46947

**The Spectrum** is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State

Darrin Monroe.....	Editor & Photographer.....	ext. 3803
Brian Newell .....	Librarian .....	ext. 3712
Mike Busch .....	Community Engagement Dir. ....	ext. 3612
Paula Green Scheffer ....	Clerical Asst .....	ext.3634
Gregory Grostefon .....	Superintendent.....	ext. 3631

# TEAM OF THE MONTH

## Nursing Department Special Attendant Team

As we approach the season of giving, I am reminded of how much the Special Attendant staff truly give here at the hospital. They spend countless hours away from their families. Some forgo social events and time with friends to work or rest from long hours of work. Many come to work daily not knowing how many hours they may actually be here, but they willingly show up day after day. Most situations that occur here at the hospital require them to be the first responders and front line staff, having only seconds at times to make decisions that ensure the safety of our patients and other staff. Special Attendants provide structure, guidance, support, encouragement and serve as role models for the patients and one another. They demonstrate qualities such as flexibility, teamwork, patience, dedication and hard work. They represent a diverse group with various upbringings and educational backgrounds who come together in unity with their primary focus being patient care and safety. Without this team of folks, our hospital would not be what it is. I can only speculate that many years ago someone was already aware of the impact that these folks would have on the patients when they classified them as "Special" Attendants. I appreciate their sacrifices and all they do.

*Bobbi Hershberger, Training Officer*

### Endorsements:

I will wholeheartedly endorse this nomination for team of the month for the Special Attendants. They are working through a very rough patch here at the hospital and are understanding to the staffing shortage. They are constantly coming in and staying over when the need arises. This means time away from their families and they are constantly showing us why we have some of the best employees here at LSH.

*Chris Wheatley, Larson Midnight Shift SAS*

I fully support and endorse the Special Attendant team being awarded Team of the Month for December. In my opinion, they are the roots of the hospital and are always there when called upon. A Special Attendant is truly "Special" in many ways, including being a go-to member of the hospital, constantly dealing with unpredictable patients, assisting with groups and always lending an ear to the patients in need. When help is needed, you will see the biggest team of individuals come together to make sure that everyone is safe, including their patients. The Special Attendants are the ones that provide the 24/7 care to the patients and are constantly cleaning up after our patients. The Special Attendants work countless hours of overtime a year, spending many days and nights away from their loved ones. They miss several, if not all, of the holidays with their families throughout the year as they are spending their time here at LSH taking care of our patients providing the best care they possibly can. I am fully supportive of this group being awarded Team of the Month in December as they are the absolute most deserving!

*Mason Mills, IRTC Dayshift SAS*

I agree!

*Jodi Hood, Larson Evening Shift SAS*

Yes, I support this 100%

*Jennifer Fiscel Shively, Isaac Ray Service Line Manager*

Yes!

Angela Edwards, Larson Service Line Manager

Absolutely!

*Gregory Grostefon, Superintendent*

---

## **From the Superintendent's Desk –**

*The following is the text of Superintendent Greg Grostefon's All Staff Video Address, which was made available to all staff via email on December 23, 2020. It can also be viewed on the LSH Intranet.*

### **Excellence Through Adversity**

I would like you to consider the phrase "*Excellence through Adversity*".

Taken alone, the words "excellence" and "adversity" may not seem to have much in common, but if we look at them together, they sum up both the turbulence of the last nine months, as well as what a brighter future might hold.

The COVID-19 pandemic has made everything more difficult, and we normally operate under difficult circumstances.

We are all on edge from too much work...too much worry...too much figuring out how to do things that used to be routine, but have become anything but routine during this COVID era. We are running on fumes. It is easy to feel a sense of hopelessness - that it is all too much. It is easy to feel like no one is listening - that no one cares.

I want to reassure you that your leadership team *is listening* and that we *do indeed* care, even if it is sometimes difficult to see any tangible evidence that it's happening.

In early October, Jay Chaudhary, the Director of DMHA, and Katrina Norris, the Executive Director of the Indiana State Psychiatric Hospital Network, visited LSH to hold what they called, "Skip-Level" meetings. These opportunities to communicate are designed to "skip a level" - or several levels – of management, allowing front-line staff the opportunity to speak directly to the decision makers.

Jay and Katrina went back and summarized what they heard into the strengths, weaknesses, opportunities and threats of and to the Hospital. When the results were shared, what immediately stood out, was that LSH cares deeply about its patients and values the collaboration and teamwork among direct care staff to ensure that quality care happens. The other areas, including our weaknesses and threats, pointed out some very distressing issues, among them, low pay...too much overtime...communication issues...low morale, .....and a lack of confidence in the administration.

We have always wrestled with these issues in isolation, but believe me, seeing them all together really tends to get your attention. Well...I want you to know.....*we heard you loud and clear*. But...hearing you is one thing.....what are we going to do about it?

The word I'm about to utter next is an absolute necessity when things need to be corrected, but it's also, to many, one of the most feared words in the language – **change**.

How could we possibly begin another major change initiative in the middle of everything else that is going on? Well, choosing to ignore our situation is simply not an option. We have no choice but to change.

My favorite author, Ernest Hemingway, famously wrote to F. Scott Fitzgerald that.... and I'm paraphrasing.... courage is grace under pressure. He was talking about the innate tendency of his characters to not become hysterical....to not fall apart....to not succumb to apathy and fear when the going gets tough. We are going to have to take grace under pressure a step further and show that we can demonstrate **Excellence through Adversity**.

Beginning very soon I am going to ask you all to share your thoughts and experiences with the Executive Council and me. Through surveys and focus groups, I want and need to hear from all of you. Until we understand your perspective, there is really no path forward.

I am told that many of you do not trust surveys....that you won't complete them....even if accommodations are made to ensure the process is simple and painless....that you feel your responses will be tracked....that you will be retaliated against. I had heard this and things like it for some time now, but I hoped that these statements were inaccurate. Unfortunately though, they may be correct.

One of the skip-level findings showed that several respondents feel as though they are coming to work each day to a hostile environment. That sentiment alone makes it imperative that we hear your thoughts and opinions, and until this happens, we cannot begin to improve.

In 1888, Logansport State Hospital began as a bold experiment. Through the years it has stood on its cliff above the Wabash as a shining example of the latest and greatest in the treatment of psychiatric disorders. LSH remains that shining example today. As the State of Indiana's only specialized psychiatric hospital, we perform quality competency restoration services that are second to none in the nation..... without which our legal system would not function.

If we are recognized as the best at what we do, we must always strive to be the best. But striving to be the best really isn't enough. *How* we do it must be part of our story. Included in the "how we do it" part is fostering an environment where every employee comes to work each day knowing that their contributions are valued and appreciated.....that all employees understand they are critical to our success. And....that every one of us is encouraged to share ideas and solutions to the many challenges we face.

When I came back to LSH in the spring of 2018, I was so impressed by the number of people who came up to me to say what a great place this is to work.....and I know many folks still feel that way. But I also know that things have changed. This unending year of 2020 has obliterated much of the optimism we felt back then. The pandemic, social unrest, and a divided nation, have simply worn us down. But I don't feel we can afford to succumb to apathy and despair, even as pandemic fatigue wears on us and on all the healthcare workers across our nation. We will find a path forward through these dark times, but we can only do it by working together.

This has been the year that would seem to never end.

There was another year in recent history that might compare. In 1968, the country was fractured over the war in Vietnam.... we lost Martin Luther King, Jr. and Bobby Kennedy in the space of three months.... and the cities were on fire with riots all through that long, hot summer. Many people believe what saved the year was the Space Program. That year, on Christmas Eve, the three astronauts of Apollo 8 broadcast a message of hope from the Moon, wishing brighter days to all the people on "the good Earth." What we need to cap this tragic year is an Apollo 8 bit of hope... and that just might come now that an effective vaccine has become available. I urge you to take full advantage of the opportunity you have been provided to be in the first phase of administration. May the new year bring health and prosperity to us all. Together we can and will effect meaningful change.

As always, thank you for everything you do to keep Logansport State Hospital that shining example on the hill.....

---

**COVID Testing Sites and Criteria**  
**Updated December 9, 2020**

**Cass County**

**Logansport Memorial Hospital – 1101 Michigan Ave, Logansport, IN 46947**

Contact Phone #: (574) 753-7541  
Testing Requirements: Through ER. Referred by primary care provider. Must be symptomatic.  
Scheduling: N/A  
Hours: 24/7  
Payment Options: Billed through Insurance

**Express Med – 3400 E Market Street, Logansport, IN 46947**

Contact Phone #: (574) 722-9633  
Testing Requirements: Surgical prescreen; Referred by primary care provider. Must be symptomatic and you will be seen by a provider for evaluation.  
Scheduling: No appointment needed.  
Hours: Recommended to call ahead.  
3:00 pm Monday-Friday 8:30 am to  
Payment Options: Billed through Insurance

**Cass County Community Testing Site – 616 Smith Street, Logansport, IN 46947**

Contact Phone #: (574) 753-7760 (Health Department)  
Testing Requirements: Available to anyone with no requirements.  
Scheduling: By appointment at  
conavirus.in.gov/registration  
Hours: Monday, Tuesdays, Thursday from 8:00 am to 6:30  
pm; Saturday from 8:30 am to 12:00 pm.  
Payment Options: Free to anyone

**[CVS Pharmacy – 717 N 3<sup>rd</sup> Street, Logansport IN 46947](#)**

Contact Phone #: (574) 722-2289  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare  
worker, Pregnant, Symptomatic. An on-line evaluation  
will be completed prior to scheduling appointment  
through below website.  
Scheduling: By appointment via web at [https://www.cvs.com/  
minuteclinic/covid-19-testing](https://www.cvs.com/minuteclinic/covid-19-testing)  
Hours:  
Payment Options: Billed through insurance

**Carroll County**

**CVS Pharmacy – 505 West Main Street, Delphi, IN 46923**

Contact Phone #: (765) 564-4117  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare  
worker, Pregnant, Symptomatic. An on-line evaluation  
will be completed prior to scheduling appointment  
through below website.  
Scheduling: By appointment via web at [https://www.cvs.com/  
minuteclinic/covid-19-testing](https://www.cvs.com/minuteclinic/covid-19-testing)  
Hours:  
Payment Options: Billed through insurance

**Fulton County**

**Woodlawn Hospital – 1400 E 9<sup>th</sup> Street, Rochester, IN 46945**

Contact Phone #: (574) 224-1130  
Test Requirements: Must have a Doctors order and be symptomatic.  
Surgery prescreening. May call Woodlawn hospital  
switchboard and be screened over the phone.  
Scheduling: By appointment  
Hours: Daily between 8:00 am and  
7:00 pm.  
Payment Options: Billed through insurance  
Note: Park in a designated COVID-19 testing spot located at the back of hospital by the  
ambulance bay of the Emergency department. Remain in vehicle and call 574-224-  
1130.

**Community Testing Site, 429 Apache Drive, Rochester, IN 46945 (Between Schnabeltier and Towne Home Furnishings)**

Contact Phone #: (827) 826-0011  
Test Requirements: Available to anyone.  
Scheduling: Appointment required; Drive-thru testing available  
Hours: Monday, Tuesday, Friday from 10:00 am to 6:00 pm,  
Wednesdays from 9:00 am to 12:00 pm (noon),  
Saturdays from 8:00 am to 12:00 pm (noon), closed  
Thursdays and Sundays  
Closed for the following holidays:  
Christmas Day, Friday, December 25<sup>th</sup>  
New Year's Day, Friday January 1<sup>st</sup>  
Martin Luther King Jr., Monday, January 18<sup>th</sup>  
Payment Options: Free to anyone.

**CVS Pharmacy – 1910 Main Street, Rochester, IN 46975**

Contact Phone #: (574) 224-4304  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**Howard County**

**Howard County Community Testing Site – 620 Bell St., Kokomo, IN 46902**

Contact Phone #: (765) 456-7330  
Testing Requirements: Starting on December 7, 2020, clients are required to call the clinic prior to entering the building to check-in. Please call 765-456-7330 when you arrive, choose the appropriate option, and wait for instructions on when to enter the building  
COVID-19 testing is available to all members of the public regardless of symptoms. Children as young as 2 can be tested with parental consent.  
Scheduling: Scheduling Via web at <https://scheduling.coronavirus.in.gov>  
Hours: Monday,  
Tuesday, and Friday from 8:00 am to 5:00 pm  
Wednesday  
and Thursday from 8:00 am to 7:00 pm  
Saturday from  
8:00 am to 1:00 pm  
Payment Options: **Closed** on November 26<sup>th</sup>, December 25<sup>th</sup>, and January 1<sup>st</sup>. Limited hours on November 27<sup>th</sup> (9:00 am to 2:00 pm) and December 24<sup>th</sup> (8:00 am to 1:00 pm)  
Free COVID-19 testing is available to all members of the public.

**CVS Pharmacy – 610 West Markland Avenue, Kokomo, IN 46901**

Contact Phone #: (765) 457-4407  
Testing Requirements: [Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.](#)  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 2340 West Sycamore Street, Kokomo, IN 46901**

Contact Phone #: (765) 452-4437  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 401 East Morgan Street, Kokomo, IN 46901**

Contact Phone #: (765) 452-0552  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 4026 County Road E 400 S, Kokomo, IN 46902**

Contact Phone #: (765) 453-3979  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**Marshall County**

**Free Community Test Site - Saint Joseph Health System Lifeplex – 2855 Miller Drive, Plymouth, IN 46563**

Contact Phone #: (574) 335-8560

Requirements to be tested: Exposure and/or symptomatic. Requires authorization through triage nurses by calling our COVID-19 screening hotline at (574) 335-8560. We do not accept doctor's orders for COVID testing.

Scheduling: By appointment On-line registration at <https://lhi.care/covidtesting>.

Hours: Monday and Wednesday from 8:00 am to 7:00 pm  
Tuesday, Thursday, and Friday from 8:00 am to 4:00 pm  
Saturday from 8:00 am to 1:00 pm

Payment: Hoosiers will not be charged for testing and insurance is not required. Please bring private health insurance information if available.

**Miami County**

**Free Community Test Site - Dukes Memorial Hospital – 275 West Twelfth Street, Peru, In 46970**

Contact Phone #: (765) 475-8942

Requirements to be tested: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic

Scheduling: By appointment at: <https://scheduling.coronavirus.in.gov/Departments>

Hours: Monday, Wednesday, and Friday from 9:00 am to 3:00 pm  
Tuesday and Thursday from 12:00 pm to 6:00 pm

Payment: [Hoosiers will not be charged for testing and insurance is not required. Please bring private health insurance information if available.](#)

**ISDH/Optum Test Site – 77 German Street, Peru, IN 46970**

Contact Phone #: (888) 634-1116

Requirements to be tested: None

Scheduling: By appointment, preregister at <https://lhi.care/covidtesting>.

Hours: Walk in's welcome. Monday--  
Friday 8:00 am to 8:00 pm

Payment Options: At no cost to Indiana resident

**CVS Pharmacy – 2 South Broadway, Peru, IN 46970**

Contact Phone #: (765) 472-4367  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**Pulaski County**

**Pulaski Memorial Hospital – 616 E 13<sup>th</sup> Street, Winamac, IN 46996**

Contact Phone #: (574) 946-2194  
Requirements to be tested: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic  
Scheduling: By appointment. Call to schedule appointment with provider  
Hours: Monday, Wednesday, and Friday from 8:00 am to 11:00 am  
Payment Options: Billed through insurance  
Note: Drive in under the awning at the ambulance bay, stay in your car.

**Tippecanoe County**

**ISDH/Optum Test Site – West Lafayette City Hall, 1200 N Salisbury Street, West Lafayette, IN**

Contact Phone #: (888) 634-1116  
Requirements to be tested: None  
Scheduling: By appointment at <https://lhi.care/covidtesting>.  
Appointment preferred.  
Hours: Monday through Friday 8:00 am to 8:00 pm  
Payment Options: At no cost to Indiana resident

**IU Health Lafayette Remote Specimen Collection – 2600 Greenbush Street, Lafayette, In 47904**

Contact Phone #: (317) 962-2000 (Ask to be transferred to Virtual Screening Hub)  
Requirements: By IU Health affiliated physician order, symptomatic.  
Scheduling: By appointment at <https://iuhealth.org/covid19/virtual-coronavirus-screening>  
Hours: Monday through Friday 9:00 am to 3:00 pm  
Saturday and Sunday 9:00 am to 1:00 pm  
Payment Options: Billed through insurance  
Note: This is a drive through screening. Instructions provided when scheduling appointment.

**St. Franciscan – 1701 Creasy Lane, Lafayette, IN 47905**

Contact Phone #: (765) 502-4000  
Requirements: Must have a Doctors order and be symptomatic.  
Scheduling: By appointment at phone (765) 588-3963  
Hours: Daily  
Payment Options: Billed through insurance

Note: This is a drive through screening. Instructions provided when scheduling appointment.

**Walgreens – 1801 South Street, Lafayette, IN 47904**

Contact Phone #:  
Requirements: Testing for individuals 18 years and older. Complete eligibility assessment at <https://Walgreens.com/COVID19Testing>. If eligible, you will be directed to select a location and time.  
Scheduling: Scheduled through above website if eligible.  
Hours: Monday through Sunday from 9:00 am till 5:00 pm  
Payments: Testing is available at no cost to eligible individuals who meet criteria established by the CDC and state and federal guidelines.

**CVS Pharmacy – 50 Sagamore Parkway South, Lafayette, IN 47905**

Contact Phone #: (765) 448-1325  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 1725 Salem Street, Lafayette, IN 47904**

Contact Phone #: (765) 447-1276  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>  
Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 2806 US 231 South, Lafayette, IN 47905**

Contact Phone #: (765) 477-6666  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>

Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 3630 South 18<sup>th</sup> Street, Lafayette, IN 47909 (In Target)**

Contact Phone #: (765) 447-4411  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>

Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 2806 US 231 South, Lafayette, IN 47905**

Contact Phone #: (765) 477-6666  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>

Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 3630 S 18<sup>th</sup> Street, Lafayette, IN 47909**

Contact Phone #: (765) 472-4367  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>

Hours:  
Payment Options: Billed through insurance

**CVS Pharmacy – 512 Sagamore Parkway W, West Lafayette, IN 47906**

Contact Phone #:  
Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.  
Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>

Hours:  
Payment Options: Billed through insurance

**White County**

**CVS Pharmacy – 831 North Main Street, Monticello, IN 47960**

Contact Phone #: (574) 583-8220

Testing Requirements: Doctor's note, Essential worker, Exposure, Healthcare worker, Pregnant, Symptomatic. An on-line evaluation will be completed prior to scheduling appointment through below website.

Scheduling: By appointment via web at <https://www.cvs.com/minuteclinic/covid-19-testing>

Hours:

Payment Options: Billed through insurance

---

Wellness Wisdom



Wellness Committee

## BLOOD DRIVE

Are you able to give one more gift this holiday season? One gift you cannot find in a store or online is a donation of blood.

And you don't need to rush before Christmas!

The LSH Blood Drive for the American Red Cross is on **Wednesday, January 6, 2021 at Fogel Auditorium.**

According to the Red Cross, blood donations usually drop over the holidays. This year, due to the pandemic, tens of thousands of blood drives have been cancelled.

Over a million donations could not be collected.

The decision to donate blood is personal, and there is never any pressure on any individual to donate.

Over the years, the staff at Logansport State Hospital has generously donated blood in impressive numbers, due to our understanding of how donated blood saves lives and allows surgeries to be performed. In fact, LSH staff members have benefitted from donated blood needed during medical emergencies experienced in their lives and the lives of their families.

**We have 8 slots open** for donations at the Red Cross Blood Drive here on **Wednesday, January 6.** This means 36 LSH staff members have committed to donate blood! To help us fill all 44 slots, please email or call Paula Scheffer (3634) or Mike Busch (3612) to schedule a time to donate. Or you may register online at [www.redcrossblood.org](http://www.redcrossblood.org).

Staff members who have received the Pfizer or the Moderna vaccine **may still donate.**

If you questions or concerns about donating during the pandemic, please go to [www.redcrossblood.org](http://www.redcrossblood.org) for answers to your questions, or email me and I'll get the answer for you.

***Happy Holidays to everyone at LSH, and thank you for all your efforts during this trying time.***



## **Blood Drive**

### **Logansport State Hospital**

Auditorium

**Wednesday, January 6**  
**9:00 a.m. to 3:00 p.m.**



Contact Mike Busch ([michael.busch@fssa.in.gov](mailto:michael.busch@fssa.in.gov) or extension 3612) or Paula Green Scheffer ([paula.scheffer@fssa.in.gov](mailto:paula.scheffer@fssa.in.gov) or extension 3634), or register online at [www.redcrossblood.org](http://www.redcrossblood.org).

*The blood drive will again be held in the Fogel Auditorium on Wednesday, Jan. 6, 2021.*

*Using RapidPass on the day of the blood drive is strongly encouraged to shorten your wait time.*

*Expect the donation to take at least 45 minutes from start to finish.*

*LSH employees may donate blood “on the clock”—you do NOT need to clock out to donate.*

*You do need to inform your supervisor of your donation time to ensure unit coverage is maintained.*

*Masks required during the entire donation process. Social distancing, temperature screening, and sanitation procedures will be utilized for safety of donors.*

*All blood donations will be tested for COVID-19 antibodies.*

*First time donor? Check out the donation process at [www.redcrossblood.org](http://www.redcrossblood.org)*

**Mike Busch**  
Director, Community Engagement

## What You Need to Know about the U.S. COVID-19 Vaccination Program



You need 2 doses of the currently available COVID-19 vaccine. A second shot 3 weeks after your first shot is needed to get the most protection the vaccine has to offer. Because the current supply of COVID-19 vaccine in the United States is limited, CDC recommends that initial supplies of COVID-19 vaccine be offered to healthcare personnel and long-term care facility residents. The goal is for everyone to be able to easily get vaccinated against COVID-19 as soon as large enough quantities are available. Once vaccine is widely available, the plan is to have several thousand vaccination providers offering COVID-19 vaccines in doctors' offices, retail pharmacies, hospitals, and federally qualified health centers. Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost.

### Frequently Asked Questions about COVID-19 Vaccination

The federal government, through Operation Warp Speed, has been working since the pandemic started to make one or more COVID-19 vaccines available as soon as possible. Although CDC does not have a role in developing COVID-19 vaccines, CDC is working with partners at all levels, including healthcare associations, on flexible COVID-19 vaccination programs that can accommodate different vaccines and scenarios.

## Holidays and Stress

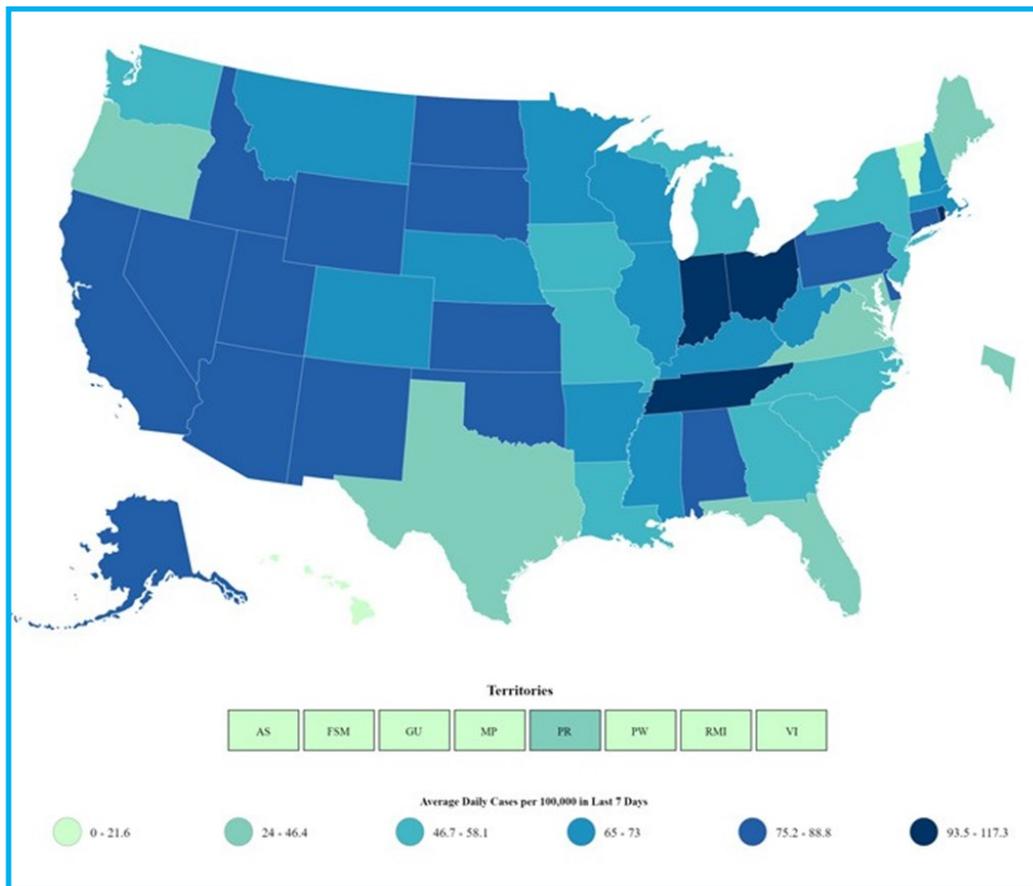
Being away from family and friends during the holidays can be hard. When you talk with your friends and family about plans, it's okay if you decide to stay home and remain apart from others. Doing what's best for you includes eating healthy foods and getting enough sleep. Take care of your body and stay active to lessen fatigue, anxiety, and sadness.

**As of December 14, 2020**

In the United States, there have been 16,113,148 confirmed cases of COVID-19 detected through U.S. public health surveillance systems in 50 states and the District of Columbia, Puerto Rico, Guam, the Northern Marianas Islands, and U.S. Virgin Islands.

CDC provides updated U.S. case information online daily.

In addition to cases, deaths, and laboratory testing, CDC's COVID Data Tracker now has a [County View](#) to help make decisions about everyday activities



**Centers for Disease Control and Prevention**  
1600 Clifton Rd Atlanta, GA 30329 1-800-CDC-INFO (800-232-4636) TTY: 888-232-6348  
[Questions or Problems](#) | [Unsubscribe](#)

# Gloved Hands May Spread Germs

People are wearing gloves (made from materials like vinyl, latex or nitrile) when they head out in public during the pandemic. While individuals think they are being safe and protecting themselves and others from the SARS-CoV-2 virus that causes COVID-19, they may actually be spreading germs in the community. Vinyl, latex and nitrile gloves protect the skin from body fluids and certain harmful chemicals. The surface of gloves can support germs just like skin. But, unlike skin, washing gloves is not an option. Even healthcare workers are instructed to wash their hands before they put on gloves and after taking off gloves. **Gloves are not a substitute for hand washing.**



## How Gloves Can Spread Germs

When gloves are put on they are presumably clean.

- Germs collect on the gloves when a person wearing them starts touching surfaces (elevator buttons, grocery carts, gas station pumps).
- Germs are spread when the person touches other objects.

People may think they are protected by the gloves, but they are not.

- Difference: you can clean your bare hands with hand sanitizers or soap and water. This stops the spread of the germs.



## Gloves Are Not a Complete Barrier

Gloves may have very tiny (micro-sized) pin holes not visible to the naked eye.

- Thousands of germs pass through these holes onto the skin in a short amount of time.
- The germs may be on the outside of the glove and may seep inside too.
- Gloves can be damaged with holes made by fingernails, jewelry or wear and tear.
- Vinyl, latex and nitrile gloves can be damaged by moisture, heat and chemicals.



## Don't Touch Your Face

This is a habit that is hard to break.

- Keep hands away from your eyes, nose and mouth because it is one way germs enter the body and cause infections.
- When people wear gloves, it may give them a false sense of security. Since the outside of gloves are not clean; gloves may be more contaminated than bare hands.
- Be sure to wash your hands frequently with hand sanitizer or soap and water often and keep hands away from the face.



The Association for Professionals in Infection Control and Epidemiology (APIC) is creating a safer world through the prevention of infection. APIC's nearly 16,000 members develop and direct infection prevention and control programs that save lives and improve the bottom line for healthcare facilities. APIC advances its mission through patient safety, education, implementation science, competencies and certification, advocacy, and data standardization. Visit us at [apic.org](http://apic.org).

1400 Crystal Drive, Suite 900  
Arlington, VA 22202  
[www.apic.org](http://www.apic.org)



*The Wellness Committee consists of:  
Mike Busch, Vicki Campbell, Mary Clem, Theresa Dexter, Maureen Guimont, Kris Keeler, Marcy LaCosse, Darrin Monroe, Julie Stapleton, Lucia Ward and Kenneth Zawadzki.*

# Longcliff Museum

## Longcliff Chapel



The former site of our chapel was originally the carpenter shop built in 1908. After securing administrative support for the idea, the chaplains petitioned Governor Edgar Whitcomb on April 13, 1970, for approval to convert the carpenter shop to a permanent and fixed chapel for the hospital by means of donated funds.

*Cass County Churches United* established a committee and provided the structure for collecting the “chapel fund” with the chaplains, Donald Eder and Richard Harris appointed chairmen of the project. *The Catholic Diocese of Lafayette* contributed \$7,000, *Essex International* gave \$1000 and several local industries gave gifts of \$250 or more. Various chapters of the Mental Health Association contributed generously. Hospital employees held fish fries and raised over \$12,000.

As soon as enough funds were raised, an architect was hired, plans completed, and approved and a contract let for the shell of the addition to the original structure.

The chaplains and volunteers, including many hospital employees, donated their own time, working evenings and weekends to complete the construction and save money.

The chapel first opened for use on Christmas Eve, 1975, and was in regular use for 40 years until the chapel moved to its current location on the first floor of Dodds Unit.

- The chandeliers were hand made from walnut gun stock by John and Gerry Eder.
- All interior doors, door hardware, hinges, etc., as well as the handrails for the stairs were salvaged material from old buildings on grounds.
- The simulated stained-glass windows were the result of staff and patients to provide an atmosphere of prayer and contemplation for the chapel.

The chapel was the first building to be fully air conditioned. It was impossible to name every person who contributed and so a simple bronze plaque was placed next to the front doors of the chapel and later moved to display in the Longcliff Museum. It reads:

DEDICATED TO THE SERVICE  
OF INDIANA CITIZENS BY  
THE RELIGIOUS COMMUNITY,  
EMPLOYEES, AND FRIENDS OF  
THE LOGANSPOUR STATE HOSPITAL.

# Culinary Corner

## Chicken in a Creamy Parmesan and Sundried Tomato Sauce

### Ingredients

- 101 1 tablespoon oil
- 101 4 (~6 ounce) skinless and boneless chicken breasts, pounded thin
- 101 2 cloves garlic, chopped
- 101 1/4 teaspoon red pepper flakes
- 101 1/4 cup dry white wine (or chicken broth)
- 101 3/4 cup chicken broth
- 101 1/2 cup heavy/whipping cream
- 101 1/4 cup oil packed sundried tomatoes, chopped
- 101 1/4 cup parmigiana Reggiano (parmesan), grated
- 101 salt and pepper to taste
- 101 1/4 cup fresh basil, thinly sliced (or 1 teaspoon dried basil)



### Instructions

1. Heat the oil in a pan over medium-high heat, add the chicken and cook until lightly golden brown on both sides and cooked through, about 5 minutes per side, before setting aside.
2. Add the garlic and red pepper flakes and sauté until fragrant, about a minute.
3. Add the wine and deglaze the pan.
4. Add the broth, cream, sundried tomatoes and parmesan, bring to a boil, reduce the heat and simmer until the sauce thickens a bit, about 3-5 minutes.
5. Mix in the chicken along with any juices, season with salt and pepper to taste, remove from heat and mix in the basil.

Option: For One-Pan: Make this a one-pan meal by adding 8 ounces of pasta and 2 1/4 cups broth or water (or 1 cup of rice and 2 cups broth or water) to the sauce in step 4 and simmer, covered, until cooked, about 12 minutes (or 20 minutes for rice).

Option: Add chopped spinach to the sauce.

Nutrition Facts: Calories 326, Fat 12.8g (Saturated 5g, Trans 0), Cholesterol 155mg, Sodium 330mg, Carbs 2g (Fiber 0.5g, Sugars 0.5g), Protein 55.5g

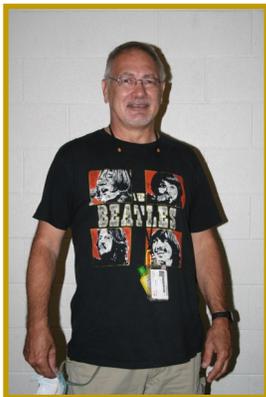
*Closetcooking.com*

## Who Am I?

Can you guess who is posing behind the smiley face, pictured below? If you can, call Darrin Monroe at #3803 or e-mail Darrin at [darrin.monroe@fssa.in.gov](mailto:darrin.monroe@fssa.in.gov) by January 22, 2021.

Employees' with correct answers will have their names put into a drawing, sponsored by the EMBRACE Committee, for a chance to win a free, five dollar gift certificate.

*Winner Will Be Announced In  
The Next Spectrum.*



Randy Baker



Unfortunately, no one won the Who Am I guess the last time because of the time-frame of guesses not being able to be given on time; but the person featured was, now retiree, Randy Baker.

If you have a picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.